



Healthy For Life

Are you ready to be Healthy For Life? Your Employee Assistance Program and it's associated benefits are now available through your Health Care and Benefits Division Wellness Program!

Starting January 1, 2011, we will transition to the Healthy For Life Employee Assistance Program (EAP)! As always, these benefits are FREE and available for all members of the State Employee Benefit Plan; active employees, retirees, spouses, and dependents.

Health Coaching

Have you been thinking about losing weight or quitting smoking for good? Do you have questions about your health screening results? Are you just looking for ways to cut the stress in your life? A health coach can provide the support you need to achieve your goals. All State plan members and dependents 18 or over have access to free, confidential health coaching. This benefit offers members the opportunity to communicate with friendly, experienced health coaches at their own pace, by phone or email depending on the participant's preference. To get started, contact the Health Care and Benefits Division any time.

MORE BENEFITS!

HEALTH SCREENINGS

Employees, spouses, retirees, and dependents on the State of Montana health plan the age of 18 or over are eligible for one free health screening per plan year. You may make your 2011 appointment anytime after January 14, 2011 on the web site or by calling 866-932-6467.

TAKE CONTROL DIABETES MANAGEMENT PROGRAM

Living well with diabetes is within everyone's reach. Take Control is a FREE benefit that offers comprehensive, confidential support for any member with diabetes.

TOBACCO CESSATION PROGRAM

If you're ready to quit tobacco, we can help! The plan works in conjunction with the Montana Tobacco Quit Line. Check out the details on our web site!

SPRING FITNESS & HUNTERS CHALLENGE

If your health is your priority, then make sure to take part in our fun activity programs! Prizes, motivation, team building and more...

Counseling Services

Simple, Easy, Confidential.

Members are provided up to four counseling visits at a participating or in-network provider FREE.

Regular benefits (pg. 12-13 of your annual change booklet) will apply after four visits.

Just check with your plan administrator (BCBS, New West) to see who is a participating/in-network provider, then make an appointment.

Until December 31, 2010, simply contact RBH as you have in the past.

Prenatal Program

Members have free prenatal services to help achieve a healthier pregnancy!

- Access to a Registered Nurse
- Free Prenatal Vitamins
- Maternity Health Screening
- Nutrition and Breastfeeding Support

As an enhanced benefit, plan members who enroll in this prenatal program in their first trimester will have many deductibles and copayments waived.

If you are already enrolled, you will be automatically enrolled in the new program. Starting December 1, new enrollees should contact Health Care and Benefits.

Weight Management

This is not your average weight loss program! Aimed at results, the Healthy For Life Weight Management Program is a once-in-a-lifetime, one-year intensive program designed for members who are ready to become Healthy For Life!

- Individual Sessions with a dietitian and Nurse Case Manager
- Group Webinars
- Coverage of Medical Weight Management Expenses
- Motivational Incentives.

The deadline for enrollment in our first program cycle is January 2, 2011. Please visit our web site to review program details.

Visit us online at www.benefits.mt.gov/wellness.mcpx

State of Montana Healthy Employee Lifestyle Program (SOMHELP)
PO BOX 200130, Helena, MT 59620-0130

E-mail: benefitsquestions@mt.gov ~ Telephone: (800) 287-8266 ~ Fax: (406) 444-0080





Are you missing a savings opportunity on your generic medication? You might be if you are not utilizing local pharmacy's preferred drug programs or their price match guarantee. Did you know many times you can obtain your generic medication in large quantities for less by utilizing your local pharmacy's in house programs instead of your insurance plan? Many people are receiving 90 day to 6 month supplies for less than what their copay would have been just by using a different pharmacy's preferred drug program or asking for a price match at their current pharmacy.



Questions on your prescription benefit, URx? Call or email Health Care and Benefits!

1-800-287-8266 or local (406)444-7462 or email us at benefitsquestions@mt.gov

We can help with the following:

- General and detailed benefit questions
- Is there a pharmacy that has my drug on its preferred list for less than I am paying now?
- What level is my drug?
- Is there a preferred alternative I should talk to my physician about?
- Vacation Overrides
- Plan Exceptions reviews (I can't take the alternatives)
- Quantity limit overrides
- If you are unsure who to contact, call us we can direct you!

Take Control of Your Diabetes

Living with diabetes can be overwhelming and, at times, confusing. The State of Montana, Health Care and Benefits is pleased to offer this FREE comprehensive and confidential education and support during a year-long program. Take Control's unique telephonic delivery method allows you to participate from work or home wherever you live and receive the individual attention that is specific to your needs. After joining the program, your first appointment is with a Certified Diabetes Educator. Together you will review your health history, create goals, address risks, and ensure that your plan of action includes everything you need to know to live well with diabetes.

Program Benefits

- **Confidential consultations and education** with the Take Control professionals including: Certified Diabetes Educators (CDE), Registered Dietitians (RD), a health coach, and an exercise physiologist.
- Telephonic education classes, group support sessions, and an informative monthly newsletter.
- Insurance **copay waivers** on test strips and lancets.
- Three **free A1C tests** that are provided by Take Control.
- Graduating from the program with a healthy lifestyle and the tools necessary to live well with diabetes.

What Our Participants Think

"The people involved with this program have been so helpful, I can't thank them enough. I started the program with an A1C of 8.4% and now 5 months later it is 6.9% - so you see, it is working!" - Harry, Great Falls, MT

"This program made an immensely positive impact on my experience with diabetes, as well as the experience of several of my co-workers who are also enrolled in Take Control. This is truly a progressive program providing critical services and reducing overall costs." - Bart, Helena, MT

For more information, contact Take Control at (800) 746-2970 or takecontrolmt@gmail.com.